

Runaway Train

拍数: 48 墙数: 2 级数: Easy Intermediate
编舞者: Christine Collins (AUS) - February 2019
音乐: Runaway Train - Andrew Swift : (Album:Call of the Cavalry - iTunes - 3:58)



*****3 Restarts (Wall 1 (after 40 counts), wall 6 and wall 7 (after 32 counts)).
Intro: 16 beats (on lyrics "the engine")**

[1-8] WALK, WALK, STEP, LOCK, STEP, ROCK, REPLACE, STEP BACK, HOLD, HOLD.

1,2 Step R forward, Step L forward
3&4 Step R forward, Step L behind R, Step R forward
5,6 Rock L forward, replace weight onto R
7&8 Step L back, Hold, Hold

[9-16] COASTER STEP, PADDLE TURN, PADDLE TURN, CROSS AND HEEL.

1&2 Step R back, Step L next to R, Step R forward
3,4 Step L forward, replace weight onto R making a ¼ turn R
5,6 Step L forward, replace weight onto R making a ¼ turn R
7&8 Step L across R, replace weight onto R, Place L heel forward

[17-24] BALL, CROSS, SIDE, BEHIND, SIDE, CROSS ROCK, FULL TURN.

&1,2,3 Replace weight on L, Step R across L, Step L to side, Step R behind L
4,5,6 Step L to side, Rock R across L, replace weight onto L
7&8 Step R to side making a ¼ turn R, step L back making ½ turn R, step R to side making a ¼ turn R

[25-32] CROSS, SIDE, BEHIND, SIDE, CROSS ROCK, SIDE SHUFFLE.

1,2,3,4 Step L across R, Step R to side, Step L behind R, step R to side
5,6 Rock L across R, replace weight onto R
7&8 Step L to side, Step R beside L, Step L to side (Restarts wall 6 and 7)

[33-40] WALK, WALK, ROCK REPLACE, BACK LOCK BACK, STEP BACK, TOUCH.

1,2,3,4 Step R forward, Step L forward, Rock R forward, replace weight back onto L
5&6 Step R back, Step L in front of R, Step R back
7,8 Step L back, Touch R beside L (Restart wall 1)

[41-48] SIDE ROCK, SAILOR STEP, SAILOR STEP, ROCK BACK REPLACE.

1,2 Rock R out to side, replace weight onto L
3&4 Step R behind L, Step L in place, Step R out to side
5&6 Step L behind R, Step R in place, Step L out to side
7,8 Rock R back, replace weight forward onto L

[48] Beats : End of dance sequence.

Restart Wall 3 After count 40 on the 1st sequence.

Restart Wall 6 and Wall 7 After count 32 on the 6th and 7th sequence.

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